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JOERAEDEL/GETTY IMAGES

- FAR FROM RECOVERED**
One year after the earthquake, Haiti shows little progress **6**
- AN ALARMING RATE**
Pr. George's 11th slaying in as many days troubles police **10**
- ON THE REBOUND**
The reeling Hoyas hope to right the ship against No. 5 Pitt **14**

am **37** | **21** pm

FOR EXTENDED FORECAST, SEE PAGE 33

FORTRESS ON THE HILL

Armed lawmakers? A barrier around the floor of the House? Does more need to be done to keep public officials safe? **13**

EXPRESS PHOTO ILLUSTRATION



eye openers

Guy Who Sneezes Milk Out His Nose Is No Longer Cool

An Italian man who was shot in the head sneezed the bullet out of his nose, the BBC reported. Darco Sangermano was accidentally hit by a .22 caliber bullet on New Year's Eve. It passed behind his right eye and got stuck in his nostril. At the hospital, he sneezed out the bullet before doctors could operate. He's expected to make a full recovery. (EXPRESS)

Surprise Inside, Indeed



Two men from Japan have been arrested on charges that they hid more than 50 live turtles and tortoises in snack food boxes to smuggle them into the United States. Federal prosecutors say the turtles and tortoises were hidden in snack food boxes found in a suitcase. The arrests were tied to an undercover investigation that began last year into a smuggling operation that brought turtles into the United States. (AP)

Adorable Little Scandal Refreshingly Un-Racy

The Lake Villa District Library in Illinois will allow men to attend a presentation on the history of ladies' underwear after complaints that it was violating the state's constitution by excluding males. Presenter Ellie Carlson opened the session to all once the American Civil Liberties Union, among others, expressed distress. (AP)

The Big Picture



EMILY PFOHL sports a Salvador Dalí mustache as she helps carry an 18-foot-long loaf of bread during a parade celebrating the grand opening of an improved Dalí museum in St. Petersburg, Fla., on Tuesday. The new building is twice the size of the old one and was designed specifically to complement Dalí's works. (AP)

There's still time to give to CFCNCA.
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In Brief

WASHINGTON

Spill Panel's Final Report Calls for Prevention

The oil industry, Congress and the Obama administration need to do more to reduce the chances of another large-scale oil spill, a panel investigating the BP well blowout concluded Tuesday. The panel backed 15 recommendations in the wake of the largest offshore oil spill in U.S. history. Many proposals will require action by Congress. (AP)

WASHINGTON

Long-Distance Moves Hit Record Low, Data Show

The share of Americans who made a long-distance move dropped to a record low last year as many adults, struggling without jobs, opted to stay put rather than relocate, census data show. The share of moves across states fell to 1.4 percent, or roughly 4.3 million people, the lowest since the government began tracking movers in 1948. (AP)

500

The number of people MySpace announced Tuesday it will lay off worldwide, which is about half its staff. The website is struggling to return to profitability. (AP)

Still Searching for Solace in Ariz.

Grief grips parents of shooting suspect as Giffords improves

Tucson, Ariz.

The parents of the man charged with trying to assassinate Rep. Gabrielle Giffords are devastated and guilt-ridden, a neighbor said, mourning their own tragedy as Tucson residents prepared Tuesday for a memorial service.

Jared Loughner's mother has been in bed, crying nonstop since the Saturday shooting rampage, neighbor Wayne Smith, 70, told KPHO-TV. Amy and Randy Loughner want to know where they went wrong with their son.

The younger Loughner, 22, was arraigned in federal court in Phoenix on Monday. He faces murder and attempted-murder charges in the shootings that killed six and wounded 14 at a Giffords event.

In statement Tuesday, Loughner's family expressed sorrow for the "heinous events" on Saturday, saying there were no words that could express how they feel.



FBI and sheriff's officials continue their investigation Tuesday at the Tucson, Ariz., home of Jared Loughner, the accused gunman in Saturday's deadly shootings.

"I told them they didn't fail. They taught him everything about right and wrong."

— WAYNE SMITH, RECOUNTING A CONVERSATION WITH NEIGHBORS AMY AND RANDY LOUGHNER, THE PARENTS OF THE SUSPECT IN SATURDAY'S SHOOTINGS IN ARIZONA.

Giffords, 40, remained in critical condition at University Medical Center in Tucson.

Given Giffords' injury — a 9mm bullet through the left side of her

brain — "she has no right to look this good, and she does," neurosurgeon Dr. Michael Lemole said.

He said she continues to follow simple commands, and, in the lat-

Meanwhile ...

Arizona lawmakers passed legislation Tuesday to head off picketing by a Kansas church near the funeral of Christina-Taylor Green, 9, who was killed during Saturday's shootings. The bill was expected to go to Gov. Jan Brewer late Tuesday and would ban protests at or near funeral sites. Westboro Baptist Church said Monday it plans to picket because "God sent the shooter to deal with idolatrous America." (AP)

est signs of progress, can move both arms and breathe on her own.

During a hospital news conference, relatives of victims spoke of their efforts to cope.

Bill Heilman said his wife, Suzie, brought Christina-Taylor Green to the Saturday event. Green, 9, was the youngest to be killed.

Heilman said his wife has been experiencing flashbacks, screaming from her hospital bed, "Christina! Christina! Let's get out of here!"

Three bullets struck his wife, who is expected to recover, Heilman said. (AP/THE WASHINGTON POST)



It's Kagan's Turn: Justice Elena Kagan delivered her first opinion Tuesday for the Supreme Court, siding with a credit card company in a bankruptcy dispute. The court voted 8-1 against Jason Ransom, a debtor who wanted to shield some income from his creditors by claiming a \$471 monthly allowance for a car payment, though he owns his 2004 Toyota Camry outright. Justice Antonin Scalia dissented. Kagan joined the court in August. (AP)

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Nation

Verizon to Offer iPhone 4 in Feb.

Carrier announces plans for 3G model, ending speculation

New York

Verizon Wireless made the long-awaited announcement Tuesday that it will start selling a version of the iPhone 4 on Feb. 10, giving U.S. iPhone buyers a choice of carriers for the first time.

New Yorker Wes Moe can't wait. He has held back from an iPhone because he shares a Verizon plan with his wife, a BlackBerry user.

"I want that phone in my hands," said Moe, 32.

In the U.S., the iPhone has been exclusive to AT&T Inc. since it launched in 2007, frustrating many who for one reason or another haven't wanted an AT&T phone.

"I can't tell you the number of times I've been asked and my colleagues have been asked ... 'When will the iPhone work on the Verizon network?'" said Apple's chief operating officer, Tim Cook, at Tuesday's launch event.

Pre-orders for existing Verizon customers will start Feb. 3. The price will be \$200 or \$300 with a

Backstory

Verizon's iPhone 4 has one feature AT&T's does not: It can act as a portable Wi-Fi "hot spot," connecting up to five laptops or other devices to Verizon's 3G network through Wi-Fi. It's a feature that's been offered on other smart phones, usually for an added monthly fee. It is unclear whether Verizon will get the iPhone 5 when it debuts this summer, if Apple follows its regular once-a-year upgrade schedule. (AP)

two-year contract, depending on the model.

Analysts expect Verizon to snag some users from AT&T, but the impact will likely be muted because most iPhone users have two-year contracts.

Verizon's iPhone will work only on the carrier's 3G network, though the carrier has a faster 4G network in many cities. That super-fast network is available only to plug-in laptop modems for now, but Verizon will have phones for it this summer from other manufacturers.

However, Verizon has wider domestic 3G coverage than AT&T does, especially in the interior of the country. (AP)

Outer Space

NASA AND THE HUBBLE SPACE TELESCOPE got a first peek at a mysterious giant green blob in outer space recently and found that it's oddly alive, giving birth to stars. It was discovered in 2007 by Dutch teacher Hanny van Arkel and is named Hanny's Voorwerp ("Voorwerp" is Dutch for object). The blob is 650 million light-years away. One light-year is about 6 trillion miles. (AP)

Hearsay

"You're at the mercy of Mother Nature. We need sunshine. Overcast is not helpful."

— GREER BEATY, A NORTH CAROLINA DEPARTMENT OF TRANSPORTATION OFFICIAL, DISCUSSING TUESDAY THE AFTERMATH OF A STORM THAT SPILLED UP TO 10 INCHES OF SNOW IN THE SOUTH AND IS AIMING AT THE NORTHEAST.

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In Brief

JUBA, SUDAN

Sudanese Stream Back To South Amid Clash

By Nile River barge and overcrowded bus, southern Sudanese who once fled their homeland's two-decade civil war are streaming back by the thousands every day as the region holds a vote to create a new country. The trip is not without peril, though. Up to 10 southerners were killed in an attack by Arab tribesmen. (AP)

LONDON

WikiLeaks Founder Vows Speedy Release of Files

WikiLeaks founder Julian Assange vowed Tuesday to step up his site's release of secret documents while he fights extradition to Sweden, as his lawyers argued that sending him to Stockholm could land him in Guantanamo Bay or even on U.S. death row. That claim is part of a preliminary defense argument released by Assange's attorneys ahead of a court hearing next month. (AP)

SANAA, YEMEN

Clinton in Yemen to Press Counterterror Efforts

U.S. Secretary of State Hillary Rodham Clinton on Tuesday urged Yemen to step up security cooperation with the United States during an unannounced visit to shore up ties with a nation that is fast becoming a major focus of American counterterrorism efforts. (AP)

Haiti's Recovery Far From Over

1 year later, country waits to rebuild after earthquake's ruin

Port-au-Prince

The man's body lay face down, his white dress shirt shining like wax in the sun, as he was unearthed in the ruins of a Port-au-Prince restaurant a year after the earthquake.

The bodies still being found in the rubble are a sign of how far Haiti has to go to recover from a disaster that left the capital in ruins and is estimated to have killed more than 230,000 people.

As the dust was still settling from the Jan. 12, 2010 disaster, volunteers and hundreds of aid groups flocked in with food, water and first aid that saved countless lives. But the effort to rebuild has been dwarfed by the size of the tragedy, the extent of the need and, perhaps most fatally, the lack of Haitian and international leadership and of coordination of more than 10,000 non-governmental organizations.

President Rene Preval did not speak publicly for days after the quake and was seen by most Haitians as ineffective at best, and many observers have criticized him for not spearheading a coherent reconstruction or making the hard policy decisions needed to rebuild.



1M

Number of people who remain homeless or in homeless camps.

Above, thousands of victims from the Jan. 12, 2010, earthquake are buried in St. Christophe in Port-au-Prince. (AP)

5%

The amount of debris that has been cleared from Port-au-Prince—enough to fill dump trucks parked bumper to bumper halfway around the world. (AP)

Renewed Promise

President Obama said in a statement that he continues to be inspired by the Haitian people, and that while they must lead the way forward as they rebuild their country, they will have an "enduring partner" in the U.S. Americans donated more than \$1.4 billion to private organizations to help Haiti rebuild, but just 38 percent of that total has been spent to provide recovery and rebuilding aid, according to a Chronicle of Philanthropy survey of 60 major relief organizations. (AP)

Preval and Haitian officials stress that their government was weak and underfunded to begin with, then devastated, and never really recovered from the earthquake.

Advocacy groups also blame much of the Haitian government's weakness on an international community that is not keeping its pledge of support.

Ericq Pierre, Haiti's representative to the Inter-American Development Bank in Washington, said "the problem is that at a certain point the international community gave the impression they could solve the problem quickly. ... I think there was an excess of optimism."

JONATHAN M. KATZ (AP)

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World

Gates: N. Korea's Missiles a 'Threat'

Burgeoning ballistic programs are 'direct' danger to US, he says

Beijing

U.S. Defense Secretary Robert M. Gates warned North Korea Tuesday that its nuclear and intercontinental ballistic missile programs are "becoming a direct threat to the United States."

Gates, who is in China on the second leg of a four-country Asia tour, predicted that North Korea's reclusive government would succeed in developing an intercontinental ballistic missile within five years.

But, in a first for a U.S. senior official, Gates also gave North Korea some concrete suggestions about what the United States wants it to do in order to restart stalled talks over its nuclear weapons program: Declare a moratorium on both missile and nuclear tests.

Elusive Goal

Stopping North Korea's nuclear program has long been a top goal for the United States and one that has proved elusive. North Korea has threatened to test intercontinental ballistic missiles and has already conducted underground nuclear tests that prove it has manufactured at least rudimentary nuclear weapons. (AP)

His blunt comments came after a meeting with Chinese president Hu Jintao, an ally of North Korean leader Kim Jong Il. Earlier Tuesday, China's military staged a test of its new stealth aircraft — an aggressive move that could be interpreted as a snub of both the United States and of China's civilian leadership.

"North Korea is becoming a direct threat to the United States, and we have to take that into account," Gates said. **JOHN POMFRET** (THE WASHINGTON POST)

Australia's Flood Crisis Escalates



DAN PROUD PHOTOGRAPHY/GETTY IMAGES

AN ABANDONED VEHICLE SITS in a flooded street Tuesday in Oakey, Australia. Twenty people have been confirmed dead, and more than 78 are still missing after floods inundated the region. Now, rivers are rising in Brisbane, the country's third-largest city, forcing people to flee suburbs and skyscrapers.

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Many Disruptions Ahead

The US' second-largest subway system will take some time to rehabilitate

Metro is starting 2011 with a major track rehabilitation project that will shut down the Foggy Bottom station during the long Martin Luther King Jr. Day weekend. The main impact of the weekend's work will be on the Orange and Blue lines, but there also will be several disruptions for maintenance along the Red Line.

During 2010, the transit authority made heavy use of the holiday weekends, when ridership is usually light, to shut down both sets of tracks for repairs to the rails, platforms and tunnels. That's in addition to the normally heavy schedule of weekend

BET Honors Closures

There will be street closures and parking restrictions this weekend downtown in the area of E and 12th streets as the BET Honors take place. The awards ceremony will include television filming. For full closure details | washingtonpost.com/drgridlock.

work that involves closing one track to create a work zone while trains in both directions take turns on the other track.

In 2011, the repair schedule is going to get even more aggressive. Look for frequent shutdowns at various points on the Red, Orange and Blue lines. During Presidents Day weekend in February, the Smithsonian station will be the focal point. But the shutdowns will not be confined to

the long holiday weekends.

There's just too much to do. Even as Metro continues with the long-term rehabilitation of the Red Line, the long-term rehabilitation of the Orange and Blue lines gets under way. On just about any weekend this year when Metro does not expect big crowds on the trains, riders are likely to find one or two tracks shut to make room for maintenance projects.

Is all this the result of some big screwup on the part of Metro's current management? I don't see it that way. Today's bosses didn't have anything to do with the design of the system or its financing. For our great benefit, an earlier generation built the second-largest subway system in the nation, but now we have to fix it. **ROBERT THOMSON** (THE WASHINGTON POST)

METRO PULSE

What do you think the new Congress will do to D.C. laws?



"I think the only thing they'd go after is the new same-sex marriage legislation. But I'd hope they have better things to do right now."

Bob Litman, DUPONT CIRCLE

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Local



The 10th homicide of 2011 in Prince George's was at this store in Langley Park, Md.

Nonstop Slayings Haunt Pr. George's

UMd. student shot
in 11th homicide in
first 11 days of 2011

Hyattsville, Md.

The slaying of a University of Maryland student during a possible drug robbery Tuesday brought the number of homicides in Prince George's County to 11 in as many days this year, a figure that has police scrambling for a cohesive response because the killings appear to be isolated and unconnected.

Police have made arrests in three of the slayings, and officials continued to stress Tuesday that law-abiding residents of Prince George's have little to fear. In at least nine of the eleven cases, investigators believe the victim probably knew his attacker. Six of the cases are believed to be drug related. One involved a child custody dispute, and one is

believed to have stemmed from a personal dispute. The other case is somewhat a mystery — though investigators have evidence that leads them to believe the victim knew his attacker.

Of the two remaining cases, one is being explored as a gang-related attack, and the other is either a gang attack or a personal dispute, authorities said.

"To commanders and detectives, it's mystifying. ... There's no common set of circumstances that we can go after," said Maj. Andrew Ellis, the department's public affairs commander.

"If they were all drug related, we could hit it with the drug angle. If they were all robbery related, we could start combing our files for robbery suspects that had been recently released from jail. If it was a gang war, we could go after the gang leaders. And so the fact that it's disconnected makes it much more difficult to prevent."

MATT ZAPOTOSKY (THE WASHINGTON POST)

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The value of the drugs

found aboard a Royal Caribbean cruise ship in a federal investigation of an employee smuggling ring, authorities said Tuesday. The search uncovered 1 1/2 pounds of heroin and nearly a pound of cocaine. The ship was docked in Baltimore after a 12-day cruise to the Caribbean, and the drugs were found in a compartment that's accessible only to employees, officials said. (AP)

Three Years Running, Md. Schools Rank Best in US

Washington

For the third straight year, the trade publication Education Week has named Maryland's public schools the best in the country.

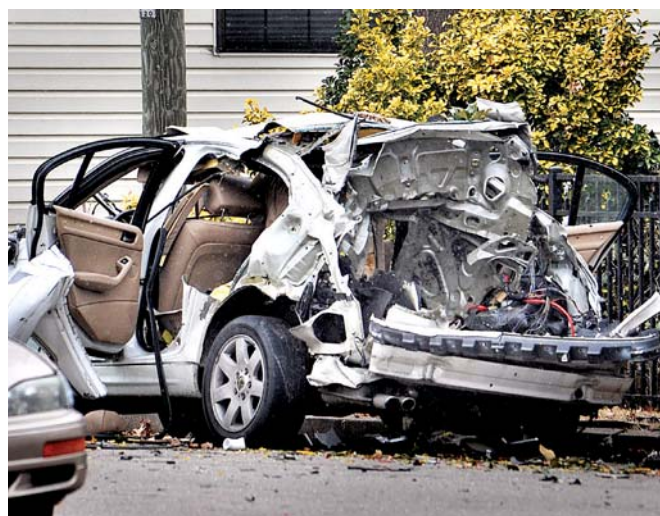
The annual rankings give Maryland schools a letter grade of B+. New York and Massachusetts rank just below Maryland with a B average, followed by Virginia. Washington, D.C., ranks next-to-last with a D+.

Christopher Swanson, vice president of editorial projects at Education Week, says some states that have high student achievement have coasted, but Maryland is keeping pressure on schools to improve.

The ranking is a point of pride for Gov. Martin O'Malley, who mentioned it frequently on the campaign trail. But some experts say the rankings give too much of an advantage to states with a wealthy population. Maryland is one of the nation's richest states.

In an interview Monday, U.S. Education Secretary Arne Duncan put his support behind interim D.C. Schools Chancellor Kaya Henderson to keep the job permanently. Then-D.C. Council Chairman Vincent Gray (who is now mayor) and then-Mayor Adrian Fenty chose Henderson after Michelle Rhee stepped down in October. (AP)

Car Explodes in Arlington



GERALD MARTINEAU/TWP

AUTHORITIES ARE INVESTIGATING the explosion of a white BMW parked in Arlington on Tuesday. The incident occurred a few blocks from the Army Navy Country Club, and no one was injured. The Bureau of Alcohol, Tobacco, Firearms and Explosives said the blast was neither criminal nor terroristic in nature.

The Lotteries

Tuesday, Jan. 11

District

Mid-day Lucky Numbers	8-0-7
Evening Lucky Numbers (Mon.)	0-3-4
Mid-day DC 4	3-1-8-0
Evening DC 4 (Mon.)	6-2-3-5
Mid-day D.C. Five	5-1-0-6-3
Evening D.C. Five (Mon.)	9-0-5-1-0

Maryland

Mid-day Pick 3	5-0-5
Evening Pick 3 (Mon.)	3-0-1
Mid-day Pick 4	4-3-5-6
Evening Pick 4 (Mon.)	3-7-0-5
Match 5 (Mon.)	8-16-20-26-35 (34)

Virginia

Mid-day Pick 3	8-6-8
Evening Pick 3 (Mon.)	9-0-7
Mid-day Pick 4	0-1-6-9
Evening Pick 4 (Mon.)	3-7-5-8
Mid-day Cash 5 (Tues.)	13-15-18-24-31
Evening Cash 5 (Mon.)	14-21-22-25-28

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Armed for Appearances

Lawmakers vow to take protection into their own hands after Giffords attack

Washington

Several lawmakers defiantly vowed Tuesday to arm themselves after the shooting rampage in Arizona despite the Senate's top law enforcement officer's admonition that more guns would not be the answer.

"It's not that I'm going to be like Wyatt Earp," declared Rep. Steve Cohen, D-Tenn., who said he was re-applying for a state permit to carry a concealed weapon even if he didn't necessarily plan to carry the pistol to public events.

In a Capitol already ringed by concrete stanchions and armed guards, members of Congress struggled to come up with new ways to ensure their safety in a democracy suddenly shaken by an assassin's bullets. Republican and Democratic leaders signaled that closer coordination with local law enforcement was a practical first step after the Arizona shootings that left six dead and Rep. Gabrielle Giffords critically wounded.

Beyond that, talk centered on legislation that would

make it a crime to carry a weapon within 1,000 feet of elected or high-ranking federal officials at publicly announced events and a proposal to install a Plexiglas enclosure to protect the House floor from gallery spectators — two ideas unlikely to get much traction in the new Congress. Democrats also called for rolling back a 5 percent, GOP-engineered cut in congressional spending and redirecting the money to security.

House Speaker John Boehner, R-Ohio, seemed cool to the idea. "We will rely on the recommendations of the sergeant-at-arms and the Capitol Police," he said.

A security briefing for lawmakers was scheduled for Wednesday morning.

Questioned about lawmakers' taking matters into their own hands by carrying concealed weapons, Terrance Gainer, the Senate's sergeant-at-arms and former Washington, D.C., police chief, said it wouldn't solve the problem.

"I don't think it's a good idea," Gainer told ABC's "Good Morning America." "I don't think introducing more guns into the situation is going to be helpful."

Gainer said threats to members of the

Senate had increased over the past year — to 49. But he said he considered the number small given all the interactions that lawmakers have with the public.

Rep. Jason Chaffetz, R-Utah, still plans to carry his handgun at public events, his office said, despite Gainer's remarks. "It's a personal choice," said Chaffetz spokeswoman Alisia Essig.

Rep. Heath Shuler, D-N.C., also said he plans to carry a concealed handgun more often. He obtained a permit after an angry constituent threatened his life in 2009.

Several other lawmakers questioned whether sweeping changes to congressional security are logistically or politically possible.

"The body is just too large. I don't think democracy ever anticipated that there would be problems like this," said Rep. John Larson, D-Conn. **CHARLES BABINGTON AND DONNA CASSATA (AP)**

A Capitol Police officer guards the Capitol Monday. The sergeant-at-arms expressed concern about lawmakers' carrying firearms.

Plans for Protection

► **REP. PETER KING, R-N.Y.**, plans to introduce a bill that would make it a crime to carry a weapon within 1,000 feet of elected or high-ranking federal officials at publicly announced events. King, who chairs the House Homeland Security Committee, said the measure would give local police another tool to check and possibly question people approaching members of Congress, the Cabinet, the CIA director and people attending their public events.

► **REP. DAN BURTON, R-IND.**, is reviving his legislation to install a Plexiglas shield enclosing the visitors gallery in the House chamber, which he argues would protect lawmakers. The proceedings of the House could still be seen and would be clearly audible to the general public. Just last week, during a reading of the Constitution, a woman in the visitors gallery was removed by Capitol Police after she interrupted lawmakers with shouts. (AP)

Previous Violence

Threats against lawmakers are not uncommon, but actual violence is quite rare.

► **REP. LEO RYAN, D-CALIF.**, was killed in Guyana by cult members just before the massive suicide in Jonestown in 1978.

► **IN 1954**, several Puerto Rican nationalists fired about 30 pistol shots in the House of Representatives chamber, wounding five lawmakers.

► **IN 1983**, a bomb, planted by people protesting the U.S. military presence in Lebanon and Grenada, did minor damage in a hallway outside the Senate chamber. (AP)

Arizona Under Fire

Gun-control advocates say Saturday's shooting in Tucson shows that Arizona, home of some of the nation's most permissive gun laws, must review its laws to make sure firearms are not falling into the wrong hands. Arizona eased gun restrictions last year when it passed a law allowing residents 21 and older to conceal and carry a weapon without a permit, which allowed Loughner to furtively — and legally — carry his pistol to the mall where he is accused of opening fire. "I think we're the Tombstone of the United States of America," said Pima County Sheriff Clarence Dupnik, referring to the Wild West town populated by gunslingers. (AP)



In Brief



New Carolina leader Ron Rivera is the second Latino to be an NFL head coach.

PRO FOOTBALL
Panthers Turn to Rivera

The Carolina Panthers have entrusted Ron Rivera with turning around the NFL's worst team, making the San Diego defensive coordinator the second Latino head coach in NFL history. Rivera was introduced on Tuesday. He replaces John Fox, who was let go earlier this month after Carolina went 2-14 in his ninth season. (AP)

COLLEGE FOOTBALL
Auburn Finishes on Top

From back of the pack to top of the heap, Auburn's climb to its first national title in 53 years was unprecedented. The Tigers finished No. 1 in The Associated Press Top 25 after a 22-19 victory against Oregon in the BCS title game Monday night. Auburn won its only other AP title in 1957, and the Tigers started 2010 further back than any champion since the poll expanded to 25 teams in 1989. TCU (13-0), which received the three other first-place votes, had to settle for No. 2 after beating Wisconsin in the Rose Bowl. (AP)

PRO BASKETBALL
Anthony Deal Not Done

Listening to Nets coach Avery Johnson, the monster deal to bring Carmelo Anthony from Denver to New Jersey might be on hold. Hours before leaving for a four-game West Coast road trip, Johnson said that he doesn't expect any roster changes during the journey. Johnson wouldn't make any guarantees, but it might be tough to make a deal involving more than a dozen players — including eight from the Nets — with the team playing four games in six days. (AP)

It's the Pitts for Hoyas



7 P.M.
Wed. | ESPN



Hoyas Hoops

It's easy to jump off the Georgetown bandwagon now that the men's basketball team has hit a bit of a slump. But the Hoyas' head coach and his top three players are not resting on their laurels. Not only are they picking up the pieces of this currently underachieving team; they are raising their hands and saying, "I did it. It's on me."

Along with having fallen seven spots to No. 12 in the Big East after a 1-3 start to conference play, Georgetown has dropped significantly in many statistical categories, too. The Hoyas' shots just aren't falling right now, and they aren't picking up enough rebounds — two trends the team will need to correct to gain a vital victory over No. 5 Pittsburgh on Wednesday night.

"Earlier in the year, we were doing a much better job of reading and making the right decisions offensively, whereas now there has been some slippage in that," said coach John Thompson III, whose team fell to No. 22 in the AP rankings this week.

Regardless of the reason for the drop, the team's three leaders — Chris Wright, Austin Freeman and Jason Clark — have taken the onus for the team's slump and their ability to boost the team out of it.

Freeman didn't make a shot



Georgetown players sit on the bench stunned during the final minutes of Saturday's loss to West Virginia at Verizon Center.

Falling Down

When looking at the season as a whole, the Hoyas' stats look great. But in league play, the numbers show a marked drop-off.

OVERALL SEASON	.388	.516	34.3
SEASON STATISTICS	3-POINT PERCENTAGE	FIELD GOAL PERCENTAGE	REBOUNDS PER GAME
BIG EAST GAMES	.275	.475	31.8

in the first half of Saturday's loss against West Virginia. And while he tallied 11 points in the second half, it was too little, too late.

"It's just me. I wasn't aggressive; it's plain and simple," Freeman said

after the 65-59 loss. "It's something I can't do, because my team needs me to be aggressive and to get my shot and be able to get them easy shots, too. It's just on my part."

Clark also made some key mis-

takes in the waning seconds of that game, which cost the Hoyas opportunities to close the lead. He was attributed with three of four-straight turnovers in the last two minutes. "It's effort," Clark said. "We got to do better. We got to want it more than the other team."

All three admit the tougher competition is not surprising, but the focus needs to get back to basics if they hope to regain some of the success they experienced early on in the season. Some, if not all, of the woes are mental, Wright said.

"Our confidence, as a team, the morale, is a little down because of the way we've been losing these past two games, but we have to stay together," Wright said. "We really got to focus and stick to what we know and stick to our game plan offensively and defensively."

Added Thompson: "It's us. It's about us. We got 13 guys, a head coach, a couple of assistant coaches, a manager, trainers — it falls on all of us." **KRYSTINA LUCIDO**

Sugar-Free Freeman



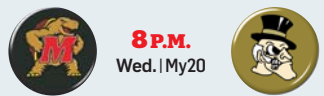
Austin Freeman was thrust unexpectedly into the spotlight 10½ months ago, when he was taken to a hospital and diagnosed with diabetes late in the season. Teammates, family and the Georgetown community at large rallied around him. He scored 24 points in his next game, with a doctor and trainer closely watching his blood sugar levels. Freeman changed his diet and his Twitter name (SugarFree_15) and talks about it now as if it were a mere bump in the road. Coach John Thompson III said he is now proactive about making sure Freeman is checking his blood sugar levels, but Freeman said last week his condition has had no effect on his play this season and that he's "got pretty much everything under control." (AP)



ROB CARR/AP

Adrian Bowie is being asked to score more as a shooting guard for the Terrapins.

Senior Takes New Role at Maryland



Terps Hoops

Adrian Bowie wasn't happy. Still isn't, really. After a three-year apprenticeship backing up Greivis Vasquez and Eric Hayes, this was supposed to be the point guard's year to run the show for the Maryland Terrapins.

So, the senior didn't take it too well when he was informed that he was being shifted to shooting guard, that coach Gary Williams wanted him to hand over primary ball-handling duties to a freshman. Actually, two freshmen. First Pe'Shon Howard moved into the starting lineup, but lately it's been Terrell Stoglin.

"Yeah, I was a little bit [disappointed]," he said. "I'm not going to lie ... but if that's for the better of the team, that's no problem."

So far, though, things haven't changed much. Since the switch, Maryland has won easily against lower competition and dropped a tough one against Duke. The Terrapins (10-5) have lost their first two ACC games — they lost only three

Mixed Results

In the first three games after switching roles, Maryland's Adrian Bowie averaged 13 points, an improvement over his 8.7-points-pergame average for the season. Against No. 1 Duke on Sunday, however, Bowie took four shots from the field and missed them all. A lone free throw accounted for all of his scoring. D.T.

all last year — and are suddenly in danger of slipping to the middle of the pack or worse before January is half-done. The next chance for the first conference win comes Wednesday at Wake Forest (7-9, 0-1).

Overcoming an early hole with freshmen at the point guard won't be easy. But Williams said he made the move because he needed to get more points out of Bowie.

"He's a very good shooter, and we need his scoring," the coach said. "Sometimes when you play the point guard, it takes away a little scoring because you're trying to get the team in the offense and the ball doesn't come back. This way, we get the ball in his hands probably more, in terms of getting looks for him." **DEREK TURNER**

Hoke Signs on as Michigan Coach

College Football

Michigan picked San Diego State's Brady Hoke as its new football coach on Tuesday, hours after LSU said Les Miles would be staying in the Bayou.

Hoke is not a Michigan man — he's a Ball State alumnus — but he is a former Wolverines assistant and athletic director Dave Brandon praised him highly in announcing the decision. "We are pleased to announce the hiring of Brady," Brandon said. "He is a terrific coach

and will be a great ambassador and leader for our football program."

Hoke, who will be introduced at a news conference in Ann Arbor on Wednesday, spent eight seasons as a head coach at Ball State (2003-08) before leading the Aztecs (2009-10). A defensive line coach at Michigan, Hoke helped the defense lead the nation in rushing defense and was on the staff during the 1997 national championship run. During his tenure, Michigan went 5-3 against rivals Michigan State and Ohio State and in bowl games. (AP)

TV Lineup

HOYAS HOOPS (7 P.M., ESPN)

Georgetown could fall to 1-4 in the Big East with a loss against Pittsburgh.

TERPS HOOPS (8 P.M., MY20) Maryland seeks its first win in ACC play when visiting Wake Forest.

CAPITALS (7:30 P.M., CSN) The Capitals visit the Tampa Bay Lightning.

COLLEGE HOOPS (7 P.M., ESPN2; 9 P.M., ESPN, ESPN2; 11 P.M., ESPN2) Villanova hosts Louisville; Duke visits Florida State, and Kansas is at Iowa State; Idaho hosts Nevada.

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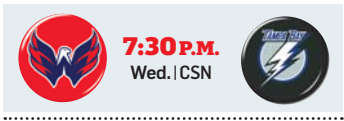
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Headline written by Thomas D. — Sports Clubs member.

Fehr Remains Hot After Classic



The Capitals

Eric Fehr said that it didn't hit him right away that his two goals — which included the game-winner — against Pittsburgh in the Winter Classic have etched his name in a unique page in Capitals lore.

“Just with the reaction we've had for the past couple days,” he said. “That's when it started to sink in. But at the end of the day, it still was one game, but it was a fun game to be a part of.”

So how does the man who stole the spotlight from Alex Ovechkin and Sidney Crosby in front of 68,111 fans (nearly seven times the population of Fehr's hometown of Winkler, Manitoba) follow up his performance? He keeps scoring.

In Saturday's 3-2 victory over the Florida Panthers, Fehr jammed home a failed wrap-around attempt by defenseman Mike Green and then returned the favor by dishing Green a puck in the slot that found the back of the net.

In the past six games, Fehr has had four goals and three assists. Since a 2-3 loss to Boston on Dec. 18, the winger has earned a



JAMIE SABAUGGETTY IMAGES

Eric Fehr may be asked to play more defense as the Caps alter playing styles.

plus-six rating.
“He's getting more confidence. He's a guy that lives in confidence,

and he's playing a little bit more,” coach Bruce Boudreau said. “He started scoring a lot of his goals in the middle to latter half of the year last year, too, so maybe he's a naturally slow starter?”

Looking back at last season's number, Boudreau is spot-on.

Fehr opened the 2009-10 season with only one goal in October but started to pick up in November with six goals and four assists. The winger suffered a down month in December, but from January to the end of the season, he notched 12 goals and eight assists. He also had a five-game scoring streak from March 14 to 24. **REED S. ALBERS**



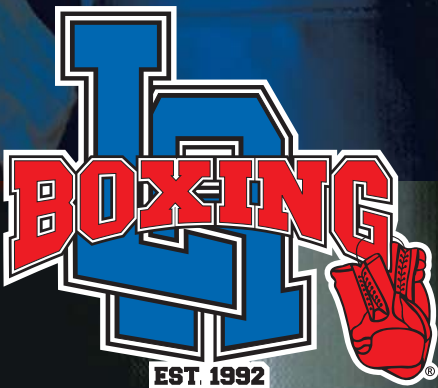
Meanwhile ...

The NHL announced on Tuesday that Alex Ovechkin will participate in his fourth All-Star Game on Jan. 30 in Raleigh, N.C. He will be joined by defenseman Mike Green, who is making his first All-Star appearance. For Ovechkin, this All-Star Game mark puts him one selection away from Capitals' all-time club leader Peter Bondra, who appeared in five All-Star Games. **R.A.**

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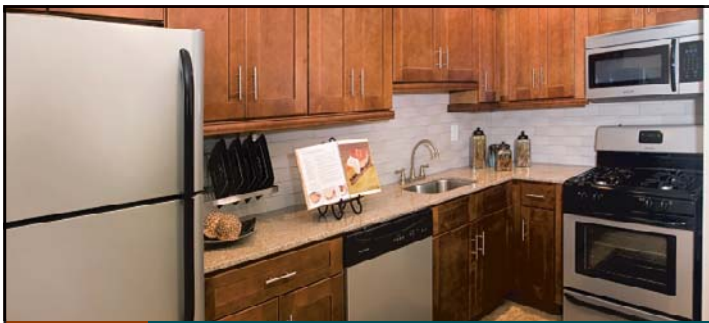
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expecting a baby **35**

Column Name



Welcome, Verizon

For four years, the biggest complaint dogging the iPhone has been that you had to sign up for AT&T wireless service to use the phone. No matter how many cool apps are available for the phone, if its data network offers inconsistent coverage and dropped calls — as some iPhone owners have



By
Kenneth
Terrell

complained — the frustration will soon outweigh the convenience or fun.

Now, at long last, iPhone users have options: Verizon announced Tuesday that it will start selling iPhone service on Feb. 10 at the same prices AT&T offers. In D.C., I've used Verizon's, T-Mobile's and AT&T's wireless networks with a variety of devices, and based on my experiences, Verizon definitely has the best coverage. Adding the best-selling smartphone to the best data network sounds like a perfect match.

This also is welcome news for anyone shopping for a smartphone, because it means you'll finally be able to pick based on your preference of devices, rather than networks. It will likely boost Apple's fortunes, too: The number of phones on the Android system is catching up with the number of iPhones in use. Now the race for the best smartphone can truly begin.

@ Comments? Give Kenneth your feedback:
expressnightout.com/geek

Black Keys Are Golden

The alt-rockers adjust to fame and acclaim after 'Brothers' earns four Grammy nods

Band Profile

On "The Go Getter," a cut from the Black Keys' "Brothers" album released last May, frontman Dan Auerbach sings, "I'll be the go getter/That's my plan/That's who I am." They may not have been explicitly autobiographical at first, but Auerbach's words foreshadowed the winning streak that he and his sole bandmate, Patrick Carney, have since come to enjoy.

In 2010, the Black Keys were among the leading alt-rockers (including Arcade Fire, Vampire Weekend and the National) garnering mainstream winks and recognition from the Recording Academy for their most recent work. The Akron, Ohio, duo's throwback brand of blues-rock earned four 2011 Grammy nominations, including best alternative music album for "Brothers" and best rock song for its lead single, "Tighten Up," while Carney's brother Michael — who has created the band's visuals since the beginning of its career — picked up a nod for best art direction on "Brothers."

"My brother's nomination is probably the one that means the most to me," Carney says, which isn't to say that he and Auerbach aren't particularly proud of the other ones — they just have to wrap their heads around them first.

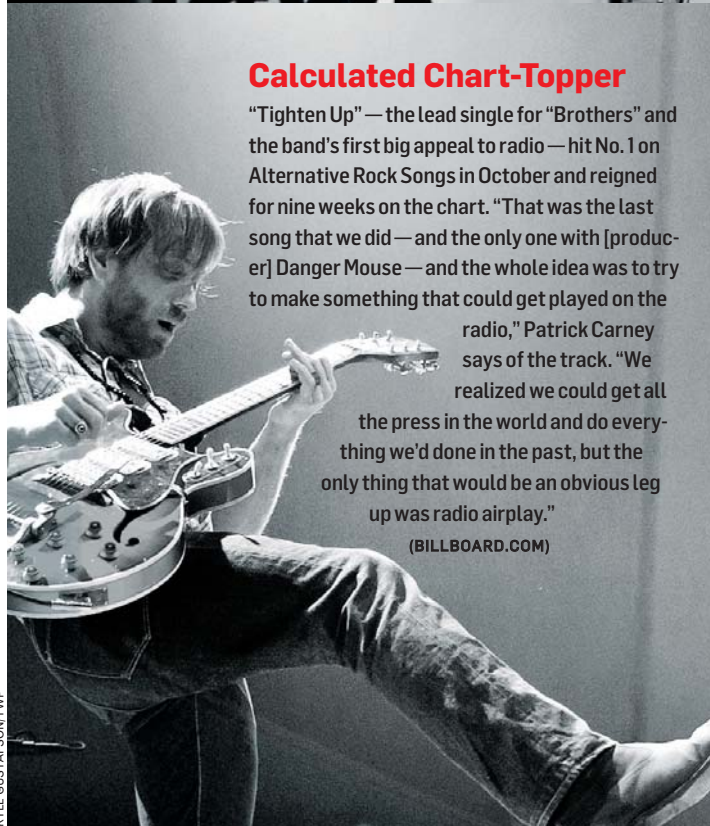


Calculated Chart-Topper

"Tighten Up" — the lead single for "Brothers" and the band's first big appeal to radio — hit No. 1 on Alternative Rock Songs in October and reigned for nine weeks on the chart. "That was the last song that we did — and the only one with [producer] Danger Mouse — and the whole idea was to try to make something that could get played on the

radio," Patrick Carney says of the track. "We realized we could get all the press in the world and do everything we'd done in the past, but the only thing that would be an obvious leg up was radio airplay."

(BILLBOARD.COM)



KYLE GUSTAFSON/TWP

"Dan and I weren't expecting this at all, but it feels good," Carney says. "We've been doing this for almost 10 years, and there have been some dark moments in the past two years. I think we both had this feeling, like maybe [our career] was all just going to dissipate."

"Brothers" is the Keys' best-selling album to date, with 481,000 copies sold, according to Nielsen SoundScan. "I was kind of thinking our record would do what the National's album did a week earlier," Carney says. "Then it sold 25,000 more in the first week than even the label was expecting."

David Bither, senior vice president of Nonesuch, the band's label, says he thinks Carney and Auerbach "have always thought of themselves as underdogs until very recently. They've come up through independent labels, and I think they see themselves ... as outside the system."

JILLIAN MAPES (BILLBOARD.COM)



So Long, Sarah? The end of TLC's "Sarah Palin's Alaska" on Sunday is generating buzz about the reason it won't continue, especially since its debut was seen by a record 5 million people in November. Some have speculated that Palin must be eyeing another run for the White House. However, TLC spokeswoman Laurie Goldberg said the plan from the start was for a single season only. "It's not a cancellation. It's not a lack of renewal," she said. (AP)

Big Slice of Quirk

Cake retains its funky personality but adds bold accents on its first disc in six years

Album Review

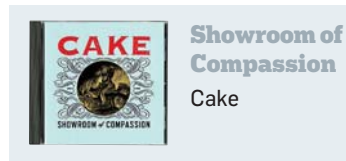
The music starts and is instantly recognizable: A dry, twangy guitar floats over a rhythm section informed by funk; a trumpet weaves in and out; a squiggly keyboard chases the singer's sly, deadpan intonations. It's Cake, duh. And though it's been six years since the Sacramento troupe has cut a studio disc, "Showroom of Compassion" feels instantly friendly.

Leader John McCrea has been dropping hints to longtime fans (Cake lovers are a particularly dedicated bunch) that this album would be a departure, complete with ballads and (horrors!) reverb. Those statements are confirmed, but only relatively, since Cake-world is a quirky place. "Mustache Man (Wasted)," "Easy to Crash" and "Federal Funding" are herky-jerky groovers that slot into the mold of Cake classics such as "The Distance" and "Short Skirt, Long Jacket."

But there is depth, maturity, reflection and reverb (again, relative) on "Teenage Pregnancy" (a



Cake, led by singer John McCrea, center, matures on "Showroom of Compassion."



piano-driven instrumental), "Got to Move" (with a rousing crescendo) and "Italian Guy," which turns on a pulsing, McCartney-esque string arrangement. And McCrea's penchant for off-kilter country is well known to fans, but the new "Bound Away" is a wonderful man-

ifestation, a travelin' song done up with waltzy trimmings, pedal steel accents and mariachi-like horn flourishes.

Will this highly listenable, 11-track collection do anything to change Cake from a cult band with a devoted audience to a group of wise sages of idiosyncratic rock worthy of widespread attention and hosannas from the blogosphere? Nope. Would you, Cake fan, want it any other way? Didn't think so. **PATRICK FOSTER (THE WASHINGTON POST)**



Richard Roxburgh gets trapped in an underwater cave in the 3-D movie "Sanctum."

The Anti-'Avatar' Experience in 3-D

Undersea cave divers fight for survival in Cameron's new flick

Film Preview

Coming soon to a theater near you: the new James Cameron-produced 3-D action thriller "Sanctum." Filmed in Australia, "Sanctum" is about a team of underwater cave divers who go on an expedition into one of the least-accessible places on Earth and what happens when they become trapped below.

Cameron calls "Sanctum," in theaters Feb. 4, "the anti-'Avatar.'"

"There's some CG [imagery] in the film, but it's hidden away in places that you wouldn't expect — but it doesn't look like an effects movie," Cameron says. "It has that

feeling of being completely real."

The 3-D action-adventure is Cameron's first theatrically released feature since "Avatar" in 2009. Though he serves solely as "Sanctum's" executive producer, his fingerprints are evident. The cameras used in "Avatar" were the same ones used to make "Sanctum."

"We're using the same technology, the same methodology, and the same aesthetic approach to stereo-space [3-D filmmaking], but doing it on a more modestly budgeted film," Cameron says.

At the heart of the film is a story of a father and his estranged son who are brought together in a test of survival. "It's really about the psychology of survival, about people stretched tautly to the edge of what they can stand and beyond," he says. **ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)**

expressnightout.com

FOR MORE UPCOMING EVENTS, FOLLOW THE TOP STOPS BLOG AT EXPRESSNIGHTOUT.COM/TOPSTOPS

1 Shake It Up, Baby

We're not sure why the Museum of the American Cocktail is doing a seminar on Italian mixed drinks: Aren't Americans the best at everything? Anyway, we'd follow PS 7's bar chef Gina Chersevani, left, down just about any rabbit hole as long as there's alcohol at the end, so check out her workshop. **Occidental Grill & Seafood, 1475 Pennsylvania Ave. NW; Thu., 6:30 p.m., \$50 or \$45 in advance; Museumoftheamericancocktail.org. (Metro Center)**

2 Talk Is Cheap

Slate: Does it exist only on the Internet? Nope, because Emily Bazelon, John Dickerson and David Plotz will be podcasting about politics. Yes, the podcast exists only on the Internet, but you can go hear them speak live, and then you won't have to listen to them on Metro. Yes, that means you have to leave your house, but you know what? It's not that cold outside. **Sixth and I Historic Synagogue, 600 I St. NW; 7 p.m., \$12 or \$10 in advance; 202-408-3100. (Gallery Place)**

3 A Vintage View of History

As the sesquicentennial of the start of the Civil War approaches, we're going to be inundated with everything you can possibly imagine relating to the conflict. The Archives is showing Ken Burns' (shown left) 1989 film "The Civil War." Part 1 has passed you by, but you can see Parts 2 and 3. **National Archives, 700 Pennsylvania Ave. NW; Wednesdays through Jan. 19, noon, free; 866-272-6272. (Archives)**



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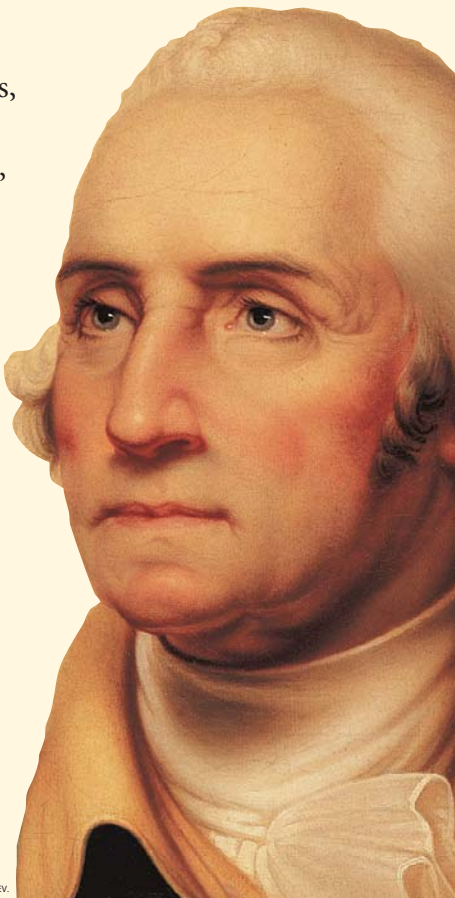
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TV tonight **lookout**

Best Bets

FOX
8:00

Human Target A night at the opera turns into a hostage situation that puts Ilsa's sister-in-law in jeopardy. Chance is forced to come to the aid of Guerrero, who's being framed for a friend's murder.

ABC
9:00

Modern Family Alex starts obsessing over her studies. Jay isn't happy with Gloria's efforts to befriend another couple. An old flame leads Mitchell and Cameron to a disturbing discovery.

CBS
10:00

The Defenders A personal connection to a 21-year-old man accused of sexual assault has Nick (Jim Belushi, right) agreeing to defend him against the charges. Pete is shocked to learn that he's been summoned for jury duty in the new episode "Nevada v. Wayne."



BRAVO
10:00

Top Chef Shopping? Anyone can do that. The chefs are required to go fishing for the ingredients they need, which will be turned into the main course at an end-of-summer beach party. (TRIBUNE MEDIA)



MARIO PEREZ/ABC

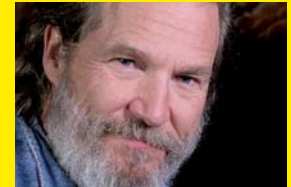
OFF THE MAP

Not Uncharted Territory

ABC
10:00

What if you cast, or rather cast away, the frisky and photogenic staff of a "Grey's Anatomy"-type hospital in a tropical locale not unlike "Lost"? You might get "Off the Map," a new medical melodrama from the producers of "Grey's" and "Private Practice." "Map" concerns six doctors who travel to exotic places and needy populations to reconnect with the reasons they decided to enter medicine. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Retrospective

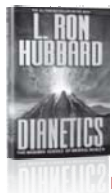


Hey, Dude

"American Masters" (9 p.m., PBS) kicks off its 25th season with "Jeff Bridges: The Dude Abides," a genial salute to one of the best-loved actors of his generation. Filled with clips from an unusual range of films and performances, "Dude" also includes fond recollections from Bridges' wife and family. (UFS)

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Explore Winter's Charm

Snowshoe, ski or trek your way through the backcountry of the US

Adventure

The solitude, quiet and frozen cold of a winter landscape are great reasons to head outdoors in January and February. You can snowshoe, ski, trek or sled. Sleep overnight in a tent, lean-to, yurt or cabin. Tree branches may snap, and lake ice may groan as it freezes and buckles. Or maybe the only sound you'll hear is the gentle "shoosh, shoosh, shoosh" of your snowshoes in powder.

But the backcountry in winter can also be a challenging landscape to stay safe in, and if things go wrong, they can go wrong fast. That may sound scary, but as long as

you're prepared, you might be surprised by how satisfying and exhilarating it can be to slow down and closely observe the environment and your place in it.

Here are a few tips on safely enjoying backcountry activities in the winter.

Planning

Going with someone knowledgeable about winter trekking is critically important when you're a novice. They can help with your gear list, plan an excursion, and give you practical tips and guidance along the way.

Preparation is your most important step. Winter trekking is perfectly suited to the neurotic personality because the creation of lists and piles of stuff is key: clothing, gear, food, routes, contacts — it seems to never end. And once out



Jack Frost Beckons

Itching to head to a winter wonderland? Check out these sites.

- ▶ **Appalachian Mountain Club:** Snow Sport Resources, Outdoors. org/recreation/snow/index.cfm
- ▶ **The Mountaineers** Mountaineers.org
- ▶ **Princeton's Guide to winter campin:** <http://bit.ly/eulq3Z> (AP)

in the frozen deep, the methodical mind is forced to slow down to survey, assess and physically get through the landscape.

Attire

Getting dressed for winter activities is all about layers. Put them on and take them off to regulate your body temperature. It may not produce the most flattering look, but you'll be happier if you do it right. Employ the three-layer system: base, insulating and shell.

Distance

Generally, winter travel takes longer than treks in other seasons. Plan on covering just a third of the ground you normally would in non-winter conditions. If there's snow, it simply takes longer to plow through it, and you'll spend more time just finding the trail.

So, never mind the drudgery of winter at home. Drop that snow shovel and get out to the backcountry. You'll be glad you did.

LYNN DOMBEK (AP)

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The Queen of **LEAN**

In 2004, Lisa Lillien stopped dieting and sent her first Hungry Girl e-mail to friends, filled with simple tricks to satisfy fattening food cravings. Now she shares her recipes for guilt-free “Mocha Choc-Lattas” and “A Little Pizza My Heart” with a million subscribers daily. Her new “Hungry Girl” TV series — revealing her secrets for low-calorie, low-fat pizza, pies and even pigs-in-a-blanket — airs Saturdays at 4 p.m. on the Cooking Channel. **KATHERINE BOYLE (EXPRESS)**

Why are we such a hungry country?

Food is delicious! Everyone loves to eat, myself included, and we have to do it every day. So, it's something people think about all the time.

Why start Hungry Girl?

I've always been a food-minded person. I always struggled to lose 15 pounds, so I changed my eating habits and found ways to satisfy my cravings. I ate foods that were smarter, developed Hungry Girl and pushed the content out, rather than just building a website, so people could easily share it with their friends.

Why do your recipes appeal to so many people?

My passion for food is apparent. I also have really good taste buds. I know when I taste something that 80 percent of the population will love it. Having a relatable, realistic voice also helps.

Was going from e-mails to having a cooking show a difficult transition?

I built Hungry Girl with hopes that it would be a brand. Everything has been pretty strategic in preparing for a show, but it happened gradually. It's really hard to cook on TV. I don't have to look up and smile, and try to be entertaining when I'm at home in my own kitchen.



Lisa Lillien, aka Hungry Girl, brings low-cal recipes to the Cooking Channel.

What should weight-conscious women keep in their kitchens?

You should always have a slew of vegetables and fruit, and keep snacking on it throughout the day. I love butternut squash, and Japanese kabocha [a winter squash] is my new favorite discovery. It has so much personality and is fun to cook with. I also love sugar snap peas and Fuji apples. And instead of whole milk, I use unsweetened vanilla almond milk for everything: cereal, oatmeal, coffee. It's very low in calories.

What's your diet philosophy?

I think people should not think of themselves as “on a diet.” To truly

Recipe File



HUNGRY GIRL

LORD OF THE ONION RINGS

Ingredients

- ▶ 1 large onion
- ▶ 1/2 cup Fiber One Original bran cereal
- ▶ 1/4 tsp garlic powder, or more to taste
- ▶ 1/8 tsp onion powder, or more to taste
- ▶ 1/8 tsp salt, or more to taste
- ▶ Black pepper, to taste
- ▶ 1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)

Directions

Preheat oven to 375 degrees.

Slice the ends off the onion and remove its outer layer. Cut the onion into 1/2-inch-wide slices and separate them into rings. Set them aside.

Using a blender or food processor, grind the cereal to a bread crumb-like consistency. Season crumbs with spices, transfer to a plate and set aside.

Fill a small bowl with egg substitute.

Prepare a baking sheet (or two) by spraying with nonstick spray. Set aside.

One at a time, using tongs or a fork, dunk rings in egg substitute, shake to remove any excess, and coat in seasoned crumbs.

Evenly place rings on the baking sheet(s).

Bake in the oven until outsides are crispy and insides are soft, 20 to 25 minutes, carefully flipping rings halfway through.

PER SERVING (recipe makes one serving): 155 calories, 1 g fat, 515 mg sodium, 41 g carbs, 16 g fiber, 7 g sugars, 9 g protein

take control of eating, you should find foods you can live with forever. I eat everything, just not all the time. Find all the foods that fit into your world regularly. Always have options to satisfy cravings. That's what so many diets are missing.

Is grazing healthy?

It's preferable. I like to eat a lot throughout the day. It keeps your metabolism going. If I forget to eat, by the time I have a meal, I'm overeating. So, don't wait too long to eat between meals.

“I like to eat a lot throughout the day. It keeps your metabolism going.”

Any foods people should throw out of their kitchens?

I don't have any heavy cream in my house. I also don't eat a lot of white bread. The key is to make sure you don't have your trigger foods at home. If you can't control your craving for chocolate, don't have it in your house.

Favorite recipe?

My onion rings [see left]. I made them one day in my house because I didn't have breading. I had a box of Fiber One, put it in the blender, and it changed everything. You can eat a huge amount of these onion rings for only 150 calories.

Any tricks for D.C. types who go to happy hours every night?

When I'm out, I'll have flavored vodka and club soda — not tonic, because that adds calories — and I'll mix it with a splash of juice.

What celeb chefs do you like?

I love cooking shows. Rachel Ray and Alton Brown are great.

When you're not hungry, what do you do?

I'm dead. No, I love working out, but everything in my life revolves around food. I'm a homebody, so I love to watch cooking shows and stay home and relax.

lookout online

Poll Center

Today's Question

WOULD THE CREATION OF AN INDEPENDENT SOUTHERN SUDAN HELP THE COUNTRY?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Tuesday's Results

IS TOM DELAY'S THREE-YEAR SENTENCE FOR MONEY-LAUNDERING APPROPRIATE?



"Life in prison without parole would've been more appropriate, but three years will have to do."

COMMENTER DIOGENES

"He will probably have to work in the laundry [room], which would be appropriate. But he should serve some time. Three years is probably enough of a sentence, and no doubt he will get out early for good behavior. His defense that he was only doing what everyone else was doing is no defense."

COMMENTER CARL

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM



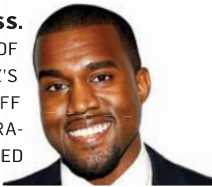
"OWN could use a little color; however, I don't think Oprah has ever used any of her platforms to only provide opportunities for minorities."

—THEYBF.COM DIDN'T THINK BET FOUNDER SHEILA JOHNSON'S COMMENTS ABOUT THE OWN NETWORK'S LACK OF DIVERSITY WERE WARRANTED.



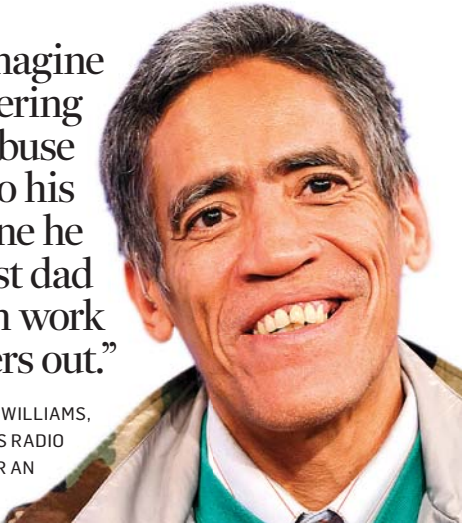
"I always warm up to Kanye West singles after awhile but as of yet, this one leaves me pretty cold. ... I'll refrain from ripping into [it] if only because it's nice that they actually made a rap song without any pop concessions, but in this case winning by default isn't quite the same thing as winning."

—PASSIONWEISS.COM ISN'T A FAN OF WEST AND JAY-Z'S NEW SINGLE OFF THEIR COLLABORATIVE EFFORT CALLED "H.A.M."



"Dude had nine kids. You can imagine a couple of them might have lingering issues over the alcohol/drug abuse problems that contributed to his becoming homeless. I imagine he wasn't exactly the world's greatest dad back then. Hopefully, they can work these matters out."

—A GAWKER.COM COMMENTER REACTS TO NEWS THAT TED WILLIAMS, THE HOMELESS MAN WHO RECENTLY CAME TO FAME THROUGH HIS RADIO VOICE, WAS PICKED UP AND RELEASED BY POLICE MONDAY AFTER AN ARGUMENT WITH HIS DAUGHTER AT AN L.A. HOTEL.



"Comedy Central [has unveiled] SportsDome, a satirical look at the overblown world of cable sports. There's only [one] problem: It's almost impossible to distinguish from the real thing."

—BUSINESSINSIDER.COM THOUGHT THE OFFSHOOT OF THE UNION NEWS NETWORK, AN OFFSHOOT OF THE UNION NEWSPAPER, IS ALMOST TOO REALISTIC IN ITS PARODY OF SPORTS SHOWS.

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puzzles lookout

Horoscope

CAPRICORN (Dec. 22-Jan. 19)

Just when you think it's too late to make a new start, an opportunity presents itself that is chock-full of novelty and excitement.

AQUARIUS (Jan. 20-Feb. 18) It may be time to dispense with one or two out-dated ideas for good; only the most up-to-date notions will be effective.

PISCES (Feb. 19-March 20)

Your help is needed by those who are trying to further an unpopular but necessary agenda. You can change people's minds, too.

ARIES (March 21-April 19) You are likely to hold others in your spell throughout the day, as a result of your native magnetism and a certain charm.

TAURUS (April 20-May 20) You may find yourself wishing things were not the way they are, but there's no reason to think that everything is unfavorable.

GEMINI (May 21-June 20) You may be surprised to find how quickly you can get things done; you're likely to have some spare time on your hands at some point.

CANCER (June 21-July 22) You want to learn a thing or two about a situation that seems to be over your head, but it may be difficult to find the right teacher.

LEO (July 23-Aug. 22) You may be quite moved by another's genuine expression of appreciation when something good and lasting comes to pass.

VIRGO (Aug. 23-Sept. 22) You may want to take a leaf out of someone else's book as you realize that the choices you've made may no longer be appropriate.

LIBRA (Sept. 23-Oct. 22) It's a good day to compromise, especially if you are confident that what you can gain as a result will maintain its worth for some time.

SCORPIO (Oct. 23-Nov. 21) You know how to inspire others to do good work—and it's all about digging deep and delivering the goods in style.

SAGITTARIUS (Nov. 22-Dec. 21) Facts and figures may be difficult to absorb, but an overall truth can be fully understood by you and those around you.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 206

I ₁	O ₁	G ₂	R ₁	D ₂	B ₃	D ₂

--

RACK 1

E ₁	E ₁	I ₁	U ₁	D ₂	N ₁	C ₃

--

RACK 2

I ₁	O ₁	O ₁	C ₃	T ₁	R ₁	B ₃

1st Letter Triple

--

RACK 3

E ₁	I ₁	I ₁	U ₁	F ₄	D ₂	N ₁

Double Word Score

--

RACK 4

Yesterday's Solution

D ₂	E ₁	R ₁	V ₄	I ₁	S ₁	H ₄	RACK 1 =	66
F ₄	E ₁	E ₁	D ₂	B ₃	A ₁	G ₂	RACK 2 =	64
H ₄	O ₁	A ₁	X ₈	E ₁	R ₁		RACK 3 =	16
M ₃	E ₁	D ₂	E ₁	V ₄	A ₁	C ₃	RACK 4 =	95
PAR SCORE 155-165							TOTAL	241

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

	4				9	6		
						9		1
9	3			8	1			
7		9		3				
		6	7		5	3		
				6		1		8
			1	5			9	2
6		2						
		8	2				5	

Yesterday's Solution

4	5	6	8	3	2	9	1	7
2	1	9	7	6	4	3	5	8
3	7	8	5	9	1	2	4	6
6	4	2	1	5	7	8	3	9
8	3	7	9	4	6	5	2	1
1	9	5	2	8	3	7	6	4
5	6	3	4	7	9	1	8	2
9	2	4	3	1	8	6	7	5
7	8	1	6	2	5	4	9	3

Need more Sudolku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

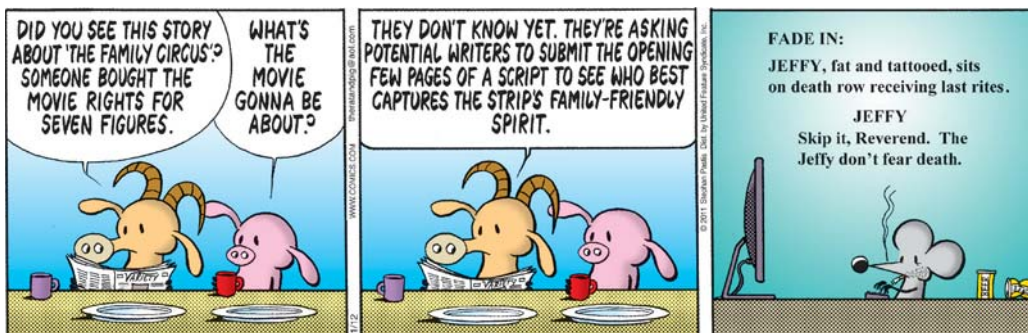
Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

37 | 21

Today: Breezy today with clouds yielding to some sun. Partly cloudy tonight.

34 | 19

Tomorrow: Partly sunny, breezy and cold tomorrow. Mainly clear tomorrow night.

Looking Ahead

FRI	SAT	SUN
32 21	36 30	45 34

Sun and Moon

Sunrise today: 7:26 a.m.
Sunset today: 5:07 p.m.
Moonrise today: 11:18 a.m.
Moonset today: 12:24 a.m.

Almanac

Normal high: 42
Record high: 75
Normal low: 27
Record low: 2

FORECAST BY ACCUWEATHER.COM ©2009

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XX394 2x4

lookout puzzles

Crossword

PARENTAL GUIDANCE

ACROSS

- 1 End of a Proust title
- 6 Applications
- 10 Best on a chessboard
- 14 180-degree maneuver
- 15 River sediment
- 16 Egg, biologically
- 17 Gold digger's benefactor
- 19 Flatware prong
- 20 Nun, to a nun
- 21 Squiggly swimmer
- 22 Musical with "Good Morning Starshine"
- 23 Sailor's assent
- 25 Interim government
- 27 War
- 32 Craggy peak
- 33 Layered cookie treat
- 34 Cut out, as coupons
- 36 Some choir singers
- 40 Wound's aftermath
- 41 Ready to rock
- 43 High-pitched woodwind
- 44 Snuffy's boy
- 46 Poetic preposition
- 47 Bewildered condition
- 48 Small watch pocket
- 50 Giggler
- 52 Handcuff
- 56 "Well, ___-di-dah!"
- 57 Mine entryway
- 58 Chicken ___ king
- 60 Synagogue leaders
- 65 Iditarod Trail command
- 66 Discussion topic for feminists
- 68 On the calmer side, at sea
- 69 Dueling weapon
- 70 Not forthcoming
- 71 Mix by hand
- 72 E-mailed
- 73 "The Glass Bead Game" author Hermann

DOWN

- 1 "___ in Boots"
- 2 Small needle purse
- 3 What some bearskins become

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20							21				22			
				23		24		25		26				
27	28	29	30				31		32					
33					34			35		36		37	38	39
40					41				42		43			
44				45		46					47			
				48		49		50		51				
52	53	54				55		56						
57					58		59		60		61	62	63	64
65					66			67						
68					69					70				
71					72					73				

EDITED BY TIMOTHY E. PARKER

- 4 "Foiled again!"
- 5 "Can you believe it?!"
- 6 It's south of Canada
- 7 Show partisanship
- 8 Sort of statesman
- 9 Engraving instrument
- 10 Prospector's dream
- 11 Pertaining to birds
- 12 Simple Roman garment
- 13 File abrasive
- 18 Theatrical smoke source
- 24 Acclaim
- 26 Words before "long way"
- 27 Bargaining basis
- 28 Bicolor whale
- 29 Unlike many a dorm room
- 30 Ancestor
- 31 Penny-pinching
- 35 Danger
- 37 Type of ski lift
- 38 Exude, as confidence
- 39 Tea-leaves reader
- 42 Dial type on old phones
- 45 Sinbad's big bird
- 49 Points the finger at
- 51 Roof material
- 52 "Last of the Red Hot ___" (Tucker nickname)
- 53 Full-price payer
- 54 Japanese immigrant's child
- 55 Marry in a hurry
- 59 Word shouted at church

- 61 Bonny hillside
- 62 Grocers stock them
- 63 Cinches the win
- 64 Lone of Hollywood
- 67 Intersected

Yesterday's Solution

2	G	L	O	B	E	U	P	S	W	A	D	E	R	
1	L	O	V	E	D	S	R	I	A	G	O	R	A	
3	O	B	E	L	I	S	O	L	L	O	O	N	Y	
20	W	O	R	D	F	O	R	W	O	R	D	R	I	O
21	S	C	H	M	E	A	R	S	O	R	E	O		
22	C	H	A	S	N	A	K	E	F	E	D	U	P	
23	A	O	N	E	I	C	I	L	I	L	D	O	L	
24	N	U	D	G	E	Y	E	S	E	S	O	N	O	
25	I	A	M	B	O	X	D	E	M	O	C	R	A	
26	B	A	N	D	B	O	X	E	L	L				
27	E	T	H	A	G	E	S	A	N	D	A	G	E	
28	G	O	A	T	S	N	A	N	E	R	A	T	O	
29	A	N	N	A	S	O	F	T	R	E	G	A	L	
30	T	E	D	D	Y	N	E	E	S	T	A	L	E	

Today in History

- 1932** Hattie W. Caraway becomes the first woman elected to the U.S. Senate, after serving out the remainder of the term of her late husband, Thaddeus.
- 1971** "All in the Family" premieres on CBS television.
- 2010** Haiti is struck by a magnitude-7 earthquake, killing as many as 300,000 residents and leaving more than 1.5 million people homeless.

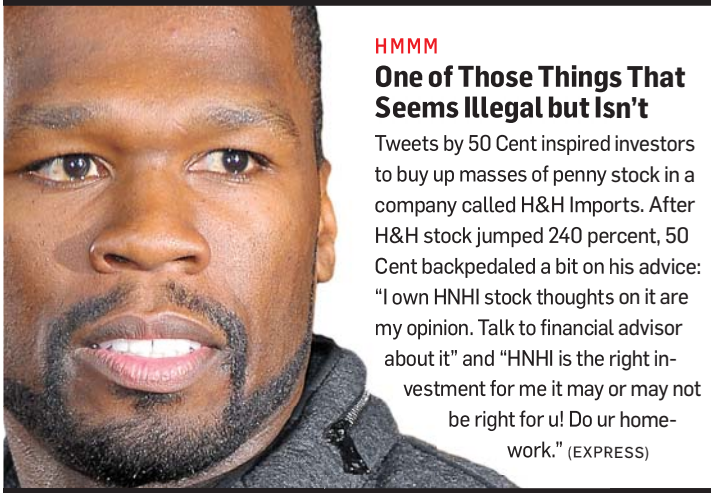
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**HMMM****One of Those Things That Seems Illegal but Isn't**

Tweets by 50 Cent inspired investors to buy up masses of penny stock in a company called H&H Imports. After H&H stock jumped 240 percent, 50 Cent backpedaled a bit on his advice: "I own HNHI stock thoughts on it are my opinion. Talk to financial advisor about it" and "HNHI is the right investment for me it may or may not be right for u! Do ur home-work." (EXPRESS)

REALIZATIONS**You Have No Idea Who Owen Wilson's Girlfriend Is**

Owen Wilson is going to be a dad. A spokeswoman for the 42-year-old actor says he and his girlfriend are expecting a child together. Publicist Ina Treciokas says Wilson and Jade Duell "are happy to be expecting a baby." Wilson appears in the recent films "Little Fockers" and "How Do You Know." His other credits include "Marley & Me" and "Drillbit Taylor." (AP)

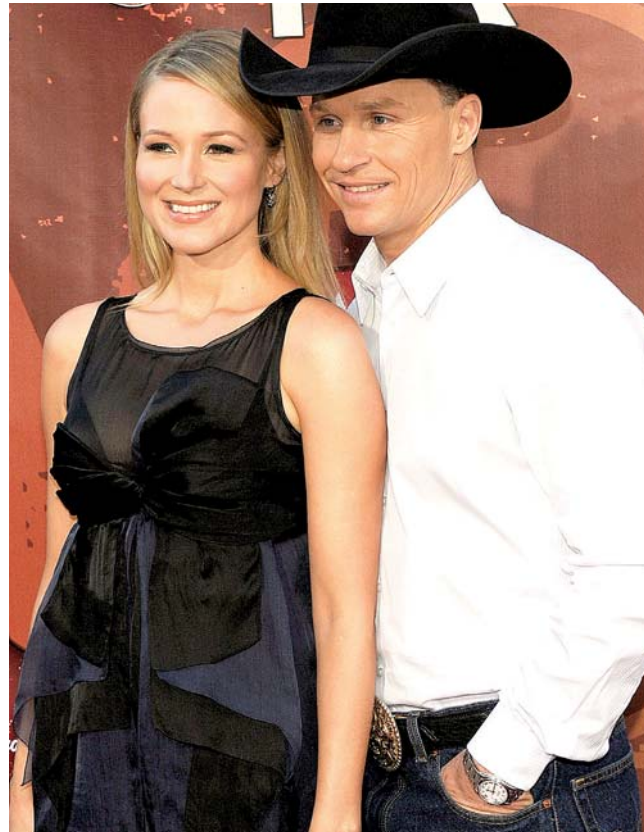
**JUDGING****Shakira, Ex Are Enmeshed To Quite a Startling Degree**

Shakira said in a note on her website that she and her boyfriend of 11 years have split up. Shakira and Antonio de la Rua decided in August to "take time apart" but kept the details private until now. The note says the two view their separation as temporary and adds that de la Rua will continue to oversee Shakira's business and career interests. He is the son of a former president of Argentina. (AP)



JAMIE MCCARTHY/GETTY IMAGES

The elder of the primates signifies his approval to the younger with a nuzzle.



ETHAN MILLER/GETTY IMAGES

Jewel practices for pregnancy with a shapeless empire-waist gown.

YUP, SHE SURE IS**Jewel Is Pregnant**

Jewel is expecting a precious gift — a baby. The 36-year-old pop-country singer is pregnant. Her publicist, Nicole Perez-Krueger, said it will be the first child for Jewel and her husband, rodeo champion Ty Murray. Jewel and Murray were married in 2008. (AP)

Victims**Hey, It's the One Who's Not JWoww or Snooki**

"Jersey Shore" castmates Ronnie Ortiz-Magro and Sammi Giancola have ended their romantic relationship, "Entertainment Tonight" reported. Giancola also unfriended all of Ortiz-Magro's friends on Facebook, according to "ET." (EXPRESS)

"I get mad when people like, under 18 watch our show 'cause I'm like, 'You shouldn't be watching our show.'"



— **SNOOKI** EXPLAINED HER VIEWS ON ALCOHOL, MATURITY AND NOVEL-WRITING ON THE "TODAY" SHOW. SHE ALSO INSISTED SHE DOES NOT HAVE A DRINKING PROBLEM.

Metro looks better without the litter.

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